

# Healthy and Active Rainier Valley Coalition



*A partnership aimed at building and strengthening the Rainier Valley by increasing the health of its residents through culturally relevant promotion of physical activity and nutrition.*

## What is the “Healthy and Active Rainier Valley Coalition”?

The “Healthy Rainier Valley Coalition”, (HARVC), is a group of organizations, businesses, clinics and individuals focused on improving the health of Rainier Valley Residents. We meet the third Wednesday of the month from one to two thirty at the Rainier Community Center. All are welcome to join.



## Southeast Seattle Health Stats

“Health of King County 2006”, age-adjusted death rate per 100,000

### King County

Heart disease - 169.4

Diabetes - 21.6

Obesity (BRFSS, %) - 16.5

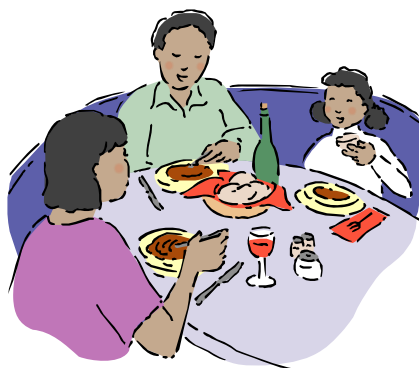
### SE Seattle

Heart disease - 200.9

Diabetes - 37.7

Obesity (BRFSS, %) - 24

## Rainier Valley Healthy Restaurant Initiative



The goal of this project is to develop a partnership with twenty restaurants in the Rainier Valley to assist them in developing one healthy adult and one healthy children's entrée. These healthy menu items will be showcased in a “Healthy Bite of the Rainier Valley” to be held in conjunction with the Rainier Heritage Festival on August 18th, 2007.

Restaurants are becoming the new family dining room. In the last twenty years American's have changed the way they eat. According to a 2006 report by the Keystone Center, 46% of the family

nutrition budget now goes towards restaurant food and this percentage is predicted to increase over the next several years. ([www.keystone.org/index.html](http://www.keystone.org/index.html))

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### Members:

- Steps to Health King County
- Public Health
- Health Promotion and Research Ctr, UW
- Puget Sound Neighborhood Health Clinics
- Group Health, Rainier
- New Holly Park Clinic
- Columbia Health Center
- Parks and Recreation
- SE Senior Center
- Sound Steps
- AARTH Ministries
- Rainier Valley Health and Fitness
- Austin Foundation
- Neighborhood Farmer's Market Alliance
- Seattle Housing Authority
- Columbia City Fitness
- Multicultural Health Center
- Bikeworks, SDOT
- MOVE pgm, Veteran's Administration
- Atlantic Street, Rainier Beach Center
- Rainier Valley Chamber of Commerce
- Genesee Merchant's Association
- International Community Health Services

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## Shop Arounds

How do you choose a really healthy loaf of bread for your family and what is the best yogurt for your money? Volunteers are needed for a new community nutrition program. Peer educators will be taught how to lead community members on healthy and thrifty shopping tours through local grocery stores. No nutrition background is needed!

If you are interested in learning more about the project or becoming a leader please attend our information session and training to learn more:

- **Location:** South East Senior Center, 4655 South Holly Street (Corner of Rainer and Holly)
- **Date:** Friday, March 30th
- **Time:** 1:30- 3:00pm
- Snacks and Safeway cards will be provided for participants

Please e-mail Kalayaan Domingo, MPH Candidate, University of Washington at: [kmd2@u.washington.edu](mailto:kmd2@u.washington.edu) or call (206)205-7369 if you have questions.



## Rainier Beach Gets "In Motion"



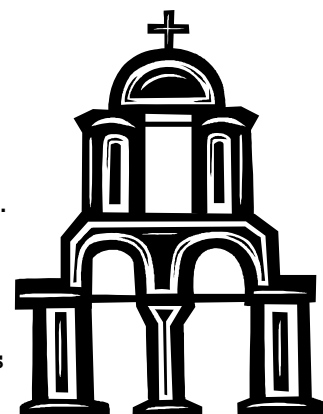
Starting June 25 this alternative commute program aims to get people to leave their cars behind and get out walking, biking or taking the bus. Working through local businesses community members can reduce car trips and receive bus tokens and certificates to encourage them to make healthier commuting choices. For more information visit the website at:

[www.metrokc.gov/kcdot/transit/inmotion/](http://www.metrokc.gov/kcdot/transit/inmotion/)

## Healthy Sunday at Iglesia de la Luz

Following up on the presentation of "Tres Historias de la Vida" on April 29th from 12 to 3pm there will be a diabetes screening and information afternoon at the Iglesia de la Luz at the corner of S. Oregon St. and Rainier Avenue S..

All are welcome to come and learn about diabetes and help support the church through the purchase of healthy and delicious food.



## Upcoming Events

- **Rainier Valley Spring Clean Up** - Saturday, April 21st, from 10-12. Meet at the Safeway at Rainier and Charlestown
- **Vietnamese Swim** - Rainier Beach Pool, March 31st from 5 to 6:30, contact Barb Marsh at [barb.marsh@seattle.gov](mailto:barb.marsh@seattle.gov)
- **Shop Around Peer Educator Meeting** - March 30th from 1:30-3:00 at the SE Senior Ctr., contact Kalayaan Domingo at [kmd2@u.washington.edu](mailto:kmd2@u.washington.edu) or call (206)205-7369

## Healthy Rainier Valley Tours

Learn about ways to be healthy in the Rainier Valley. For active people 50 years and older. For more information please contact Ruth Egger at [eggerr@u.washington.edu](mailto:eggerr@u.washington.edu).

To comment on or submit articles to the newsletter please contact Diana Vinh at [Diana.Vinh@metrokc.gov](mailto:Diana.Vinh@metrokc.gov) or at (206) 205-1589